



Nadia's E-News

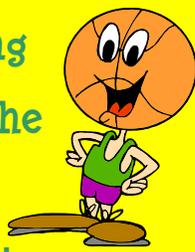
In this issue:

Big News	Page 1
Word Scramble	Page 1
Healthy Snack'in	Page 2
Eco Tips	Page 2
Calling All Poets	Page 2
Special Days	Page 2
The Perfect Gift	Page 2
Organic is Great	Page 2



A regular update on news and other interesting things exclusively for Nadia's friends ♥

BIG NEWS!!!! Okay, so Nadia Everhe♥rt is preparing for spring and getting excited about the warm weather that is on the way. That means it is time to get out and about and become more active. As the trees grow new leaves, the flowers begin to bloom, and the sweet melodies of the birds fill the air, let's remember to make the most of our sunny days. Take time to enjoy the awakening season of spring and all it has to offer. Do the things you've been waiting all winter-long to do like going on a bike ride, go roller skating, take a long walk around the park or neighborhood, read your favorite book on the porch, or just open the windows in your house and let the mild breeze take your breath away and allow your soul to just 'BE and not always DO. In other words, relish in spring...



Hello Boys & Girls!
 Thanks for taking time out of your busy schedules to read Nadia's E-News. Spring into the season with openness, and let the rhythms of life take your breath away. After taking those long, deep breaths, let the games begin with never-ending basketball...

Word Scramble:

See next issue for answer.

L K A B L E S T B L A

Hint: **March Madness**

February's answer:

HISTORY



Hey, don't forget to enter the monthly coloring contest. There's a prize awaiting all winners! Visit us on the web www.nadiaeverheart.com for details and more fun activities.



Go Green with Nadia♥♥♥

Did you know that the pages of Nadia's books are made from recycled paper?

Yes, so many trees, water, and other natural resources were saved as a result♥



Eco-Friendly Tips:

- ♥ As much as possible, replace paper napkins with cloth ones.
- ♥ Create and use note pads from once used paper.
- ♥ Leave messages for family or roommates on a reusable message board instead of paper.
- ♥ When possible read books, magazines, and newspapers from your local library.
- ♥ Friends, instead of printing this E-Newsletter, enjoy reading it online and pass it on to your friends by e-mail.



CALLING ALL POETS...

If you are poet and would like to share a few lines of lyrical prose with others, please send a sample of your un-published poem to us in celebration of national Poetry Month in April. If selected, your poem will be included in the April edition of Nadia's E-News.

Tia Capers

MARCH 2011 SPECIAL DAYS

- 1st - 5th - CIAA Tournament
- 2nd - Dr. Seuss' birthday
- 3rd - Alexander Graham Bell's birthday
- 8th - Mardi Gras begins
- 9th - Ash Wednesday
- 13th - Daylight Savings Time begins
- 17th - St. Patrick's Day
- 20th - Spring begins

* Women's History Month



HEALTHY SNACK'N...

Nadia's Crunchy, Smooth Treat

Ingredients

- Low fat yogurt (any flavor)
- Trail mix (nuts, raisins, and/or choice of dried fruit)
- Fresh fruit (berries, or your favorite fruit)
- Granola
- Honey

Directions

Mix all dry ingredients together. Sprinkle mixture and fruit over yogurt or stir in. Drizzle honey on top. Enjoy your healthy, crunchy, smooth treat!

If you would like to submit an un-published short poem or a healthy recipe for our upcoming newsletter, please do so at: nadia@nadiaeverheart.com



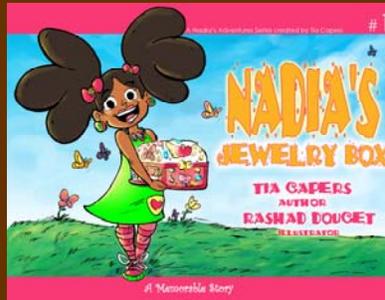
ORGANIC IS GREAT!
and GROWING...

Families across the country continue to buy more and more organic foods and products than ever before. In a recent survey, more than 40 percent of parents reportedly bought more organic food than they had the year before.

The survey found parents tend to buy organic foods because they believe them to be healthier than non-organic foods. Organic foods are produced without pesticides, toxics, fertilizers, synthetic hormones, genetic engineering, and antibiotics. Families are more interested nowadays in where their food comes from and how it is produced.

It is especially great to see and know that parents recognize the importance of consuming and using organic products for themselves and their families.

The Perfect Gift!



Purchase your copy of children's book, *Nadia's Jewelry Box*, today for the little person in your life. www.nadiaeverheart.com



From Editor, Tia Capers
Copyright © 2011 by Tia Capers
tia@heartheadpublishing.com
www.nadiaeverheart.com

Heart-Head Publishing
P.O. Box 1741
Huntersville, NC 28070
(704) 728-7050

